

Helpful Hints on Infant and Toddler Handwashing

When should children's hands be washed?

1. Upon arrival at the day care center.
2. After a toddler's diaper is changed or after a child uses the toilet.
3. Before and after meals and snacks.
4. If a child's hands are visibly soiled, especially with food, mucus or feces.
5. After a child wipes a runny nose or coughs or sneezes into the hands, even if a tissue is used.
6. Before and after waterplay.

Infants

1. Clean the infant's hands thoroughly with a damp paper towel moistened with liquid soap.
2. Wipe hands from wrist to fingertips using a fresh paper towel moistened with clear water.
3. Dry the child's hands with a fresh paper towel.
4. Turn off the faucet with the paper towel and discard it.
5. Wash your own hands.

Toddlers

1. Have the child wet his or her hands. **Make sure the water is not too hot.**
2. Squirt a drop of liquid soap onto the child's hands.
3. Help the child wash all areas of the hands for 15 seconds.
4. Rinse child's hands from wrist to fingertips in running water.
5. Dry the child's hands with a fresh paper towel.
6. Turn off the faucet with the paper towel and discard it.
7. Wash your own hands.